



Instructions Following Periodontal Soft Tissue Surgery

Keep the surgery site cold by drinking cold fluids (DO NOT use a straw) If you have sensitive teeth, use a cold pack on the outside of your mouth.

- You will have some swelling, pain and bleeding after the surgery. If there is severe swelling or constant bleeding after the first day contact us at one of the numbers listed below.
- On the first day do not eat anything hot or spicy. No popcorn. No alcohol.
- Don't wait for the pain to take hold- take your non-prescription pain medication (Advil, Tylenol, Aleve, etc.) as directed on the packaging for the 2-3 days following surgery. It is much easier to prevent discomfort than to stop it once it starts. Use prescription pain medication only if the over-the-counter pain reliever is not working.
- Do not brush the grafted site for two weeks or eat anything that will scrape the area. Do not rub or massage the graft, try to avoid touching it with your tongue, and don't pull your lip out to look at it. The less invasive you can be to the surgical site, the better it will heal.
- Warm saltwater rinses or the prescribed Chlorhexidine two or three times per day may help the surgical site to feel better. Do not use a mouth rinse if it has any alcohol in it after your surgery.
- Its normal for the oral adhesive (PeriAcryl) to come off. Do not pull or tug on it, as it may cause further bleeding.
- **Surgical stents** (if given one) are made out of plastic and are designed for your comfort. Use of the stent will help to eliminate the risk of post-surgical bleeding and minimize discomfort associated with the donor site on the roof of the mouth. Stents should be worn non-stop for the first 24 hours after the procedure. Removal of the stent to complete oral hygiene is important. The stent should be rinsed and brushed before being placed back into the mouth. After the first 24 hours, stents may be worn as needed to provide comfort. Many patients find they prefer to wear their stents while eating during the healing phase. It is possible that night guards may not be able to be worn along with the stent. This will only be necessary for the first two-nights following surgery.
- If area is bleeding, apply direct pressure for 20 minutes. If the bleeding persists, then wet the included black tea bag with water, express the excess moisture, place it directly over the site and apply firm pressure for 20 additional minutes. If the roof of your mouth is painful while healing, especially on days 4-10 purchasing Colgate Orabase with Benzocaine to apply to the roof of your mouth, may help with comfort.

Sutures

- Sutures may dissolve and work their way out. If there is a long end hanging, carefully snip it with a small pair of scissors. We will tell you if your sutures will dissolve or if we need to remove them at your next appointment.
 - Dissolvable
 - Need to be removed

If you have any questions, please call us any time of day or night.

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